

CLAIMS

1. A clothing article comprised of clothing material (1) including one or more portions to be worn over one or more joints of a wearer and, incorporated onto or into said portion(s), one or more elongate resilient pieces (4;6;7) which extend(s) through said portion(s) and the or each of which, when not under external stress, has a particular shape and, when the article is not being worn, maintains substantially that shape against the weight of the clothing material (1).
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2. An article according to claim 1, wherein the elongate resilient piece(s) (4;6;7), when the article is being worn and said joint(s) bend(s), bend(s) to provide most of exercise resistance rather than stretch(es) longitudinally to provide most of exercise resistance.
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3. An article according to claim 1 or 2, and including a plurality of the elongate resilient pieces (4;6;7), these being arranged parallelly to and co-extensively with each other within the article so that, when the article is received over the joint(s) of the body and the joint(s) bend(s), the clothing material (1) tends to maintain the parallel positioning of the elongate resilient pieces
20 (4;6;7).
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4. An article according to any preceding claim, wherein the or each elongate resilient piece (6) takes the form of a strip (6) of elastomeric material bonded to the clothing material (1).
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5. An article according to claim 4, wherein the or each strip (6) is of circular segmental cross-section to provide a flat face giving a relatively significant area for bonding.

6. An article according to claim 3, wherein the or each elongate resilient piece takes the form of a strip of elastomeric material formed integrally with said clothing material.

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7. An article according to any one of claims 1 to 3, wherein the or each elongate resilient piece (4;7) is encapsulated in a pocket (3) at said clothing material (1).

8. An article according to claim 7, wherein the or each 10 elongate resilient piece (4) is a helical extension spring (4).

9. An article according to claim 7, wherein the or each elongate resilient piece (7) is an elastomeric rod (7).

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10. An article according to any preceding claim, and in the form of:

(a) a full body suit with said portions to be worn over 20 at least the wearer's elbow, shoulder, hip and knee joints,

(b) a body shirt, with said portions to be worn over the wearer's shoulder joints,

(c) high-waist, thigh-length shorts, with said portions to be worn over the wearer's hip joints,

25 (d) a sleeve, with said portion to be worn over one of the wearer's elbow joints,

(e) a legging, with said portion to be worn over one of the wearer's knee joints,

(f) a glove, with said portions to be worn over one set 30 of the wearer's wrist, finger and thumb joints, or

(g) stocking, with said portion to be worn over one of the wearer's knee joints.

11. An article according to any preceding claim, wherein said 35 clothing material (1) is lightweight, flexible, stretchable

and form-fitting.

12. A clothing article comprised of clothing material (1) including one or more portions to be worn over one or more
5 joints of a wearer and, incorporating onto or into said portion(s), one or more elongate resilient pieces (4;6;7) which extend(s) through said portion(s) and the or each of which, when the article is being worn and said joint bends, bends to provide most of exercise resistance rather than
10 stretches longitudinally to provide most of exercise resistance.

13. An article according to claim 12, and including a plurality of the elongate resilient pieces (4;6;7), these
15 being arranged parallelly to and co-extensively with each other within the article so that, when the article is received over the joint(s) of the body and the joint(s) bend(s), the clothing material (1) tends to maintain the parallel positioning of the elongate resilient pieces
20 (4;6;7).

14. An article according to claim 12 or 13, wherein the or each elongate resilient piece (6) takes the form of a strip (6) of elastomeric material bonded to the clothing material
25 (1).

15. An article according to claim 14, wherein the or each strip (6) is of circular segmental cross-section to provide a flat face giving a relatively significant area for bonding.
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16. An article according to claim 13, wherein the or each elongate resilient piece takes the form of a strip of elastomeric material formed integrally with said clothing material.

17. An article according to claim 12 or 13, wherein the or each elongate resilient piece (4;7) is encapsulated in a pocket (3) at said clothing material (1).

5 18. An article according to claim 17, wherein the or each elongate resilient piece (4) is a helical extension spring (4).

10 19. An article according to claim 17, wherein the or each elongate resilient piece (7) is an elastomeric rod (7).

20. An article according to any preceding claim, and in the form of:

15 (a) a full body suit with said portions to be worn over at least the wearer's elbow, shoulder, hip and knee joints,

(b) a body shirt, with said portions to be worn over the wearer's shoulder joints,

20 (c) high-waist, thigh-length shorts, with said portions to be worn over the wearer's hip joints,

(d) a sleeve, with said portion to be worn over one of the wearer's elbow joints,

(e) a legging, with said portion to be worn over one of the wearer's knee joints,

25 (f) a glove, with said portions to be worn over one set of the wearer's wrist, finger and thumb joints, or

(g) stocking, with said portion to be worn over one of the wearer's knee joints.

30 21. An article according to any preceding claim, wherein said clothing material (1) is lightweight, flexible, stretchable and form-fitting.

22. A method comprising bending a body joint against
35 bending resistance of an elongate resilient piece (4;6;7)

which extends through a portion of clothing material (1) worn over said joint, the bending resistance providing most of the exercise resistance.

- 5 23. A method according to claim 22, wherein said method comprises bending said body joint against bending resistance of a plurality of elongate resilient pieces (4;6;7) which extend through said portion of said clothing material (1), the bending resistance providing most of the exercise
10 resistance, said method further comprising, during said bending, maintaining the elongate resilient pieces substantially parallel to each other.